



The holidays are upon us, which means that some folks in the Oilfield will be celebrating and spending quality time with family and friends, while others will spend it working on the rig to provide for their families at home. This may be the first holiday season that new workers will experience spending the holidays away from their loved ones.

Because of everything going on at home, there is an opportunity for minds to wander from the work that is being performed. While the risk of distractions is real, there are a few actions that we can take to re-focus on the work being performed and ultimately reduce the risk of someone being injured.

Use Pre-job Planning to Maintain Focus on the Task at Hand

During this holiday season, please discuss with your teams the importance of pre-job planning. If we create a solid plan for controlling exposures associated with the work and execute it, we will be successful. If the plan must change or a situation arises that impacts the plan, we need to re-group and adjust the plan accordingly. Below are a few additional talking points regarding pre-job planning to share with your crews:

- Timely pre-job planning ensures the hazards, exposures and assigned tasks are fresh on your mind – you are thoroughly prepared to perform the task.
- If pre-job planning is completed too far ahead of the work, it greatly increases the likelihood a job step or precaution is missed.
- The experience of a crew member needs to be considered when completing the pre-job planning. Crew members with limited experience may need a more thorough explanation of the work plan than more experienced individuals.

Discuss Life Saving Actions or Rules

A great way to regain or maintain focus on potential exposures during the holiday season is to discuss [life saving actions](#) or rules. These guidelines identify situations that present the greatest risk of a serious injury and fatality. If we review these with our crews and hold each other accountable for working in accordance with them, we will reduce the potential of a serious injury and increase the likelihood that we get back to our families in the same condition we left!

Be Mindful of Fatigue Risk, Winter Weather and Busy Roads when Traveling

Holiday travel results in roads that are more congested than normal. Oilfield workers that are headed home from a hitch will be eager to make the long drive home—even if they should take a nap before setting out. Please encourage your folks to get adequate rest before getting on the road. Winter weather can also increase the risk of driving during the holidays. Below are [key points from OSHA](#) that are useful to remember when driving in winter weather.

- **Maintain your Car:** Check your battery, tire tread and windshield wipers. Keep your windows clear, put no-freeze fluid in the washer reservoir and check your antifreeze.
- **Have on Hand:** Make sure you have a flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips, add food and water, medication and cell phone.
- **Stopped or Stalled?:** Stay in your car, don't overexert, put bright markers on antenna or windows and shine dome light. If you run your car, clear the exhaust pipe and run it just enough to stay warm.
- **Plan your Route:** Allow plenty of time to get to your destination, check the weather and leave early, if necessary, be familiar with the maps/ directions and let others know your route and arrival time.

Thank you for all your hard work to provide efficient and responsible energy to the world. Your efforts to protect yourselves, your co-workers, and your families this holiday season make a difference. Wishing you and your families a safe holiday season and a happy New Year!